

Breath Is Life. Did you know that you can improve your health and fitness simply by learning to breathe correctly? It's true. Breathing correctly will increase the flow of oxygen to your muscles and internal organs and help you to :(among other things), 1. Lower your blood pressure, 2. Improve mental focus and boost brain health.

Some signs of in efficient breathing includes: 1) Mouth breathing, 2) Frequent sighing, 3) Taking large breaths prior to talking , 4) Upper chest breathing during rest, 5) Erratic breathing, 6) Sleep Apnea, (pauses in breathing during sleep.) 7) Chronic rhinitis (Nasal congestion and runny nose).

The detrimental effects of incorrect breathing such as mouth breathing and overbreathing are well documented. (Dr. Mercola .com)

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Mothers of the Bible

- 1.What mother saved her infant son from destruction in Egypt? (Ex. 2: 3-6)
- 2.Why did Adam call his wife 'Eve'? (Gen. 3: 20)
- 3.Who is the most beloved mother in law in the Bible? (2 Sam. 21: 8-11)
4. Whom did God promise to make a mother of nations' when she was old? (Gen.17:16)
5. What mother of twins had a favourite son? (Gen.27: 1-17)
6. In what famous story in the old testament was a king's wisdom and a mother's love most wonderfully illustrated? (2 Sam. 21:8-11)
- 7.What woman became the mother of the wisest king? (1 Kings 1:16-17)
 8. Who wrapped her baby in swaddling clothes? (Luke 2:7)
 9. Who made a little linen coat for her son? (1 Sam. 2:19)
10. Which commandment exhorts us to honour father & mother?(Ex.20) %%%%

Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will make your path smooth. (Pro. 3: 5 & 6)

Welcome

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Queen Street Baptist Church Since 1822

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Call Upon Your God

How often we forget that God is in control. We say it, but do we really live it? The story of Jonah is a vivid example of life on God's terms. God told Jonah to go to Nineveh to proclaim his word so that the people would turn away from their wicked ways, but Jonah had other plans. He fled to Tarshish believing that he could flee from God's presence.

Jonah did not care about the people and was angry that he had been called to preach to them. Knowing the nature of the people of Niniveh, what would have been your decision? He seemed quite relaxed after boarding that ship, since he went to sleep.

His decision to board that ship had the shipmates in a frenzy. They were experiencing strong winds and the ship was about to be broken. The sailors were afraid and each started to pray to his own God and threw out wares into the sea to lighten it. You can only imagine how the captain felt when he found Jonah sleeping, and asked, "What do you mean sleeper? Get up! **Call upon your God**, may it be that God will think about us and we will not perish."

After casting lots and finding that Jonah was the cause of the problem, he was questioned and he admitted that he respected God., and he was fleeing from His presence. They wanted to know what to do to him and he suggested that they cast him into the sea. They got to see who the true God is. **Vs.14 says , Then they cried to the Lord and said,**

We beseech you Lord, we beseech you, now let us not perish for this man's life and do not lay innocent blood upon us, for you Lord, have done as it pleased you." Jonah was cast into the sea and the raging stopped . The men revered the LORD, offered sacrifices & made vows.



Birthday Greetings - Agnes Shepherd - 1st; Mark Talbert Jr. - 6th; Lorainne Williams - 11th; Doris Cain - 23rd

Happy Birthday!





Mothers' Day - Sunday, May 10, 2015



Activities

Women's Fellowship
Mon. May 4, 5:30 pm
Guest Speaker - Karen Rosito - Nutritionist

Mothers' Day Tea Party
Sat. May 16, 2015
Queen Street Baptist Church
3:00 pm
Contribution: \$5:00



Women's Camp—
Camalote
May 1 & 2

Youth Activities
May 8 - Flowers Night
May 15, Movie Night
Youth Day— May 25
Orange Walk
May 29 - Nine Questions Night

Couple's Fellowship
Family Social Evening
May 30, 2015

Church Fellowships

Sunday Services:

9:30 am - Sunday School for all ages
10:45 am - Morning Worship
7:00 pm - Evening Service

1st Sunday - Communion after Evening Service
Children's Service 10:45 a.m.
Last Sunday: Singspiration: @ 7:00 pm

Women's Fellowship - 1st Monday of the month
Church Council Meeting - 2nd Monday of the month

Men's Fellowship - 4th Monday of the Month

Trustees Meeting - 3rd Monday of the month

Wednesday - Evangelism @ 6:00 pm

Thursday - Prayer Meeting & Bible Study - 6:00 pm

Friday @ 7:00 pm - Youth Meeting

Saturday - Music Practice - Adult Choir @ 2.00 pm

Praise Team - 4:00 pm (Every other week)

Couple's Fellowship - Last Friday of the month

A Very Faithful Woman



An elderly lady was well known for her faith and for her boldness in talking about it. She would stand on her front porch and shout, "PRAISE THE LORD!" Next door to her lived an atheist who would get so angry at her proclamations he would shout, "There ain't no Lord!"

Hard times set in on the elderly lady, and she prayed for God to send her some assistance.

She stood on her porch and shouted, "PRAISE THE LORD, GOD I NEED FOOD!! I AM HAVING A HARD TIME, PLEASE LORD, SEND ME SOME GROCERIES!!!"

The next morning the lady went out on her porch and noted a large bag of groceries and shouted, "PRAISE THE LORD!"

The neighbor jumped from behind a bush and said, "Aha! I told you there was no Lord. I bought those groceries, God didn't.

The lady started jumping up and down, clapping her hands and said, "PRAISE THE LORD. He not only sent me groceries, but He made the devil pay for them. Praise the Lord!"

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Pastor Lloyd Stanford

The secret of happiness lies not in doing what we want to do, but in doing what we ought to do. Happiness never comes to a person who dodges responsibility.

Franklin Roosevelt once said, "Happiness is the joy of achievement and the thrill of creative effort. There is nothing in the world that helps a man overcome his difficulties, survive his disasters, and stay healthy and happy like the joy of a life task worthy of his full dedication."

Righteous responsibility is a mark of spiritual maturity. We don't serve the Lord by feeling or emotion, but by duty and devotion. There is no happiness without righteous responsibility.

Think On This: All our gifts have no value if we do not have love.. LOVE is Not: Jealous, boastful, proud, selfish, dishonouring, angry - will not do evil to another or rejoice over wickedness and unrighteousness. LOVE rejoices in truth, endures all things, believe all things, hopes all things, is steadfast/unchanging. When everything else vanishes, Love will last forever. Do you really love others?